

# Miller Community Center

## SPRING 2006 ♦ Programs

**Program Dates: April 4 – June 29 (unless otherwise noted) ❁ Register Now!**



**SEATTLE PARKS  
AND RECREATION**

330 19th Ave E  
(E Thomas & 19th)  
Seattle, WA 98112  
206-684-4753 ❁ Fax: 206-684-4397

Visit us on the web:  
[www.seattle.gov/parks/centers/miller.htm](http://www.seattle.gov/parks/centers/miller.htm)

## Miller Community Center

330 19th Avenue E  
Seattle, WA 98112  
Phone: 206-684-4753 Fax 206-684-4397  
Visit us online at [www.seattle.gov/parks!](http://www.seattle.gov/parks!)

### Hours of operation

Monday, Wednesday, & Friday	1 to 9 p.m.
Tuesday & Thursday	10 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	Noon to 5 p.m.

### Program registration

Begins Monday, March 13

### Program dates

April 4 to June 29 (unless otherwise noted)

### Holiday closures

Monday, May 29, Memorial Day

### Metro Bus Routes

Routes 8, 12, and 43 stop at 19th Ave E & E Thomas St (1 block north).  
Route 48 stops on 23rd Ave (4 blocks west).

### Directions

Miller Community Center is located on Capitol Hill next to Miller Playfield and Meany Middle School (four blocks east of Group Health Central Hospital/Urgent Care).

### South on I-5:

Take the WA-520 exit. From WA-520, take the Montlake exit, go to the light, and turn right. Drive approximately 1½ miles to the top of the hill where the street becomes 23rd Avenue. Turn right on John Street, go up the hill to the four-way stop at 19th Avenue East, and turn right.

### North on I-5:

Take the Madison Street exit. Go past the Dearborn and James Street exits onto the Madison Street exit. Turn right on Madison Street and drive east approximately 1½ miles to 19th Avenue. Turn left and drive to the four-way stoplight at Thomas Street. Continue north on 19th Avenue East for ½ mile.

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

## Management Staff

Ken Bounds, Superintendent  
B. J. Brooks, Deputy Superintendent  
Christopher Williams, Parks & Recreation  
Operations Director  
Robert Stowers, Central East Recreation Manager

## Professional Staff

Charles Humphrie — Coordinator  
Traci Grant — (out of class) Asst Coordinator  
Zebedee Hill — Recreation Attendant  
Robert Verdecias — Maintenance Laborer  
Audrey Weaver — Recreation Attendant  
Nikkita Vinson — (out of class) Teen Development Leader  
Mychael Garrett-Small — After School Director  
Tashala Spellman — After School Assistant  
Imani Sui-Chang — After School Assistant

## Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Our Brochure Information is Also Available Online!

Did you know you can access our brochure in two different formats? You can visit our web site at [www.seattle.gov/parks/centers/miller.htm](http://www.seattle.gov/parks/centers/miller.htm) and download a pdf (Free Adobe Reader required) that you can print, or you can explore our new **searchable** brochure at [www2.seattle.gov/parks/brochure](http://www2.seattle.gov/parks/brochure). Type in some keywords and find classes that are custom suited to you!

## Special Events



### Spring Egg Hunt 2 cans of food for Food Lifeline

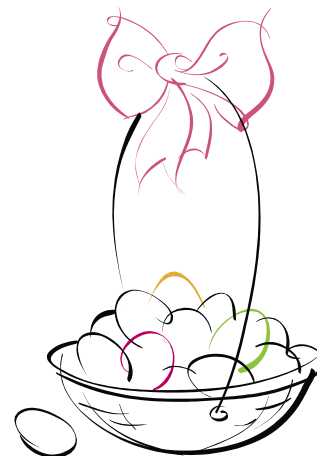
Join us for our annual community event to celebrate spring. Children ages 2 to 10 are invited to hunt for eggs and candy. Please provide your own bag or basket and dress for the weather. Call (206) 684-4753 with any questions or if you are interested in volunteering. **Meet in the Miller Annex gym at 10 a.m. SHARP! Kids will be separated by age groups.**

Age: 2 to 10

Sat, Apr 15

10 – 11 a.m.

Location: Gym



### Flashlight Egg Hunt for Teens!

Free

Teens will enjoy an evening of egg hunting by flashlight. Please bring your own flashlight and goodie bag. Dress for the weather.

Instructor: Traci Grant

Age: 11 to 17

Fri, Apr 14

Hunt begins at 9 p.m. sharp!

Location: Teen Room

## Toddlers/Preschoolers

### Mitey Mites Toddler Indoor Playground \$1 drop-in/child

For those rainy Seattle days we offer a play group for children ages 6 months to 5 years. Come meet other parents with toddlers and infants and make new friends. Punch cards are available. This activity is parent supervised and set up.

Age: 6 months to 5 years old

Tue/Thu 10 a.m. – Noon Apr 4 – Jun 29

Fees: \$1 drop-in fee per child. 10-visit punch card available for \$10.

Location: Gym

### Gymnastics — Toddlers \$50\*

This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats, vaulting horse, spring board, balance beam and a single bar. **Each student must also purchase insurance: \$35 annually.**

Age: 3½ to 5

Tuesdays 4 – 4:45 p.m. Apr 11 – Jun 27

\*Fee does not include \$35 annual insurance fee

### Basketball Drills & Skills \$45

Your child will learn the fundamental skills of offensive and defensive basketball. They will also learn proper stretching and conditioning techniques in order to improve your child's overall performance.

Ages 3½ to 5

Location: Gym

Tuesdays 5 – 6 p.m. Apr 11 – May 2

### Little Soccer Stars \$45/session

Fun instructional soccer program utilizing age appropriate activities and games designed to develop individual ball handling skills and technique.

Ages 3½ to 5

Location: Gym

#### Session 1

Wednesdays 1 – 2 p.m.  
Apr 12 – May 3

#### Session 2

Wednesdays 1 – 2 p.m.  
May 17 – Jun 7





# Youth/Teen Programs



## After School Care Program \$230/mth

The after school program is theme-based. Each month's activities are planned to include art, music, dance, sports, science, swimming, environmental stewardship, cooking, and field trips. An important emphasis for the program is tutoring and homework help. Each day will challenge the mind and body with creative programming. Seattle Public Schools will transport children on a school bus upon request. Parents must contact school transportation at 206-252-0900. Maximum 30 youth. DSHS clients are welcome to apply. For all other scholarship information, please contact Miller Community Center staff.

**Explanation of Fees:** The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). Price excludes all holidays, scheduled days off, and vacations. **Second child discount \$220/month.**

**Age: Kindergarten to 5th Grade**

**Instructor: Mychael Garrett-Small**

**Mon – Fri 3 – 6 p.m. Sep 7 – Jun 18, 2006**

**Location: Multipurpose Room**



## Spring Break Camp \$135

Need a safe and friendly place for your child to attend camp during spring break? Our day camp will offer arts and crafts, games, sports, swimming, and cooking. DSHS clients are welcome to apply. For all other scholarship information, please contact Mychael Garrett-Small. **Second child discount \$130.**

**Age: Kindergarten to 5th Grade**

**Instructor: Mychael Garrett-Small**

**Tue, Feb 21 – Fri, Dec 24 7 a.m. – 6 p.m.**

**No camp Mon, Feb 20 (Presidents' Day)**

**Location: Multipurpose Room**

## Summer Day Camp \$135/wk

Summer will be here before you know it. Miller Community Center has your child care needs covered. We offer fun camps to meet your family's needs: Preschool Camp, Elementary Age Day Camp or Middle School/Teen Camp. Full day for day camp and middle school/teen camp and some half day options are available for preschool. **Second child discount: \$130/wk**

**Ages 5 to 11**

**Location: Miller Annex - Gym**

**Mon – Fri 7 a.m. – 6 p.m. Jun 26 – Sep 1**

Week	Dates	Week	Dates
1	6/26 – 6/30	6	7/31 – 8/4
2*	7/3 – 7/7*	7	8/7 – 8/11
*No camp Tue, Jul 4; Pro-rated fee: \$108; Second Child \$104			
3	7/10 – 7/14	8	8/14 – 8/18
4	7/17 – 7/21	9	8/21 – 8/25
5	7/24 – 7/28	10	8/28 – 9/1

## H.E.L.P. Tutoring Free

Join the Hollywood Education and Literacy Project of Puget Sound. This program offers study and learning skills developed by humanitarian and educator L. Ron Hubbard to eradicate the barriers to study so you can learn to do anything you desire in life. Please call 425-458-4366 to schedule a tutoring session.

**Instructor: Azi Colling**

**Age: 5 to Adults**

**Location: Activity Room #1**

**Tue/Thu 5 – 7 p.m.**

**Apr 4 – Jul 1**

**Saturdays 10 a.m. – 2 p.m.**

**Apr 4 – Jul 1**

## Youth/Teen Programs

### Miller Girls Softball

\$35



Registration for softball begins February 24, 2006. Practices will start in April. Athletes will be allowed to practice after registration forms, birth certificate and payment had been received.

**Ages 8 to 18**

**Location: Outdoor Space**

**Tue/Thu  
Saturdays**

**5 – 6 p.m.  
9 a.m. – Noon**



### Youth Karate

\$75

#### Enter the Cobra Kenpo



Learn and demonstrate courage and discipline through physical fitness and discipline. Uniform is a black gi and white belt to start. Purchase uniform through instructor (not inc. in class fee). Class minimum is 5 students.

**Ages 8 to 16**

**Location: Multi Purpose Room - 2**

**Mon/Fri 6 – 7:30 p.m. Apr 3 – Jun 30**

**No class Mon, May 29 (Memorial Day)**

### Miller Jets Track and Field

\$35

Register now. Practices will start March 28. Athletes will be allowed to practice after all registration forms, birth certificate and payment has been received.

**Ages 5 to 17**



#### Track and Field Practices

**Tue/Thu 5:30 – 6:30 p.m. Mar 28 – May 31**

**Location: Garfield High School Track**

#### Track Meets

**Mondays 5 p.m.\* beginning April 24**

**\*Please be at the track by 4:30 p.m.**

**Location: West Seattle Stadium**



## Miller Teen Program



### Miller Teen Program

The Miller Teen Program is dedicated to educating and motivating teens to develop leadership and courage through integrated developmental assets. These assets include education opportunities, special events, life skills workshops, Teen Council, job readiness, group games, field trips, and much more.

*All Teen Program participants must have a Parent/Guardian Authorization form and Participant Behavior Contract signed by teen, parent or guardian, and Teen Development Leader.*

Most programs are free. Others have a fee depending on the activity.

### Miller Teen Advisory Council

Now Recruiting! If you have fundraising ideas, like planning special events, would like to learn about service learning hours, or just want to show off your leadership skills, you are invited to join our meetings. Registration is required. **For more information, please contact Teen Development Leader Traci Grant or Teen Council President Imani Sui-Chang.**

**Age: 11 to 17**

**Instructor: Nikitta Vinson**

**Second and Fourth Thursdays 4 – 5 p.m.**

**Location: Small Multipurpose Room**

### Coyote Central \$175 + \$35 lab fee

A professional chef invites you into a huge kitchen to produce scrumptious meals that are worthy of fine menus in fancy restaurants. Of course, you'll learn to cook and present them like the pros, too. **To register for this class, please call: 206-323-7276.**

**Age: Middle school**

**Saturdays 10 a.m. – 1:30 p.m. May 6 – Jun 17**

**Location: Kitchen**

### Teen Special Events

#### Flashlight Egg Hunt for Teens! Free

Teens will enjoy an evening of egg hunting by flashlight. Please bring your own flashlight and goodie bag. Dress for the weather.

**Ages 12 to 16**

**Location: Game Room**

**Fri, Apr 14**

**9 – 9:45 p.m.**

#### Youth Appreciation Week Free

This week is to honor our teens for all the hard work in school and for all of their volunteer hours. All activities will be posted at the center.

**Instructor: Traci Grant**

**Age: 11 to 17**

**Monday, April 10 – Friday, April 14**



## Adult Programs

### Wellness Through Chair-Robics Free

For anyone who is not active now but would like to be, this class builds strength and enhances your level of health.

**Ages 18 and older**

**Location:** Multi Purpose Room - 2

**Tuesdays 1:30 – 2:30 p.m. Apr 4 – May 30**

### Baby Boot Camp \$184

Designed for moms of any fitness level. This mixed-level class combines strength-training exercises with cardiovascular drill, abdominal exercises, mat Pilates, and yoga.

Moms must be at least 6 weeks postpartum to participate. An all-purpose stroller is recommended.

**Ages 18 and older**

**Instructor:** Jacquelyn Morris

**Location:** Miller Annex - Gym

**Tue/Thu 10 – 11 a.m. Apr 4 – Jun 29**

### Tai Chi \$65

Lower blood pressure, alleviate stress, improve balance and stimulate joints. Circulation of Chi increases physical energy and promotes longevity and increases the quality of people's lives.

**Ages 18 and older**

**Location:** Multi-Purpose Room

**Mon/Thu 6:30 – 7:30 p.m. Apr 10 – Jun 15**

### Yoga \$60

Yoga which liberates the natural energy of your body. Learn breathe work, body alignment, the opening of joints in a guided flow that is gentle and relaxing.

**Ages 18 and older**

**Location:** Cal Anderson Shelterhouse  
1000 E Pine St

**Tue/Thu 8:30 – 10 a.m. Apr 4 – Jun 29**

## The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



**Pro Parks Levy**

## Adults



### Adult Drop-in Sports Fee

The City of Seattle charges an Adult Sport Drop-in Fee during all operating hours. The fee is **\$2 per session for adults (ages 18 to 64)** and **\$1 per session for seniors (ages 65+)**. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming. **Please pay at the front desk.**

Open Gym Hours are subject to change with or without notice. Every effort will be made to give notification when changes or cancellations occur.

### Adult Basketball Drop-in \$2 drop-in

Age: Adults 18 & up

Tue/Thu 12:30 – 2 p.m.

Location: Miller Gym

### Adult Drop-in Badminton \$2 drop-in

Age: Adults Only

Tue/Thu 6:30 – 8:45 p.m.

Saturdays 12:30 – 4:45 p.m.

Location: Miller Gym

### Adult Drop-in Volleyball

Come practice your volleyball skills. Adults only.

Age: Adults only

Mon/Wed 6 – 8:45 p.m.

Sundays (until May 14) Noon – 4:45 p.m.

Location: Miller Gym

### Adult Watercolor Classes \$37<sup>50</sup>/class

Wear an apron. A class supply list will be available at the front desk for students to purchase their class supplies.

#### Beginning Watercolor

Instruction in fundamental watercolor technique with introduction of materials. Emphasis will be on increasing control of the media and compositional elements. Various exercises will be introduced to develop color, light, texture, and shape awareness. Most classes will be concerned with still life set up in the classroom. **Beginning classes are taught on Tuesdays.**

#### Advanced Watercolor

Emphasis on creative exploration of color, shapes and composition in the watercolor medium. Most classes will offer a variety of still life materials. **Advanced classes are taught on Thursdays.**

Ages 18 and older

Instructor: Barbara Britts

Tue/Thu 1 – 3 p.m. Apr 4 – Jun 29

Location: Multipurpose Room #2





## Special Populations

### "What's Cooking?"

\$15/session

Learn the basic skills for preparing and cooking healthy meals. We will learn what's needed to prepare a meal from beginning to end and eat our finished meal. *Please call the Special Populations Office at 206-684-4950 to register.*

Age: 18 & Up

Mondays 6:30 – 8:30 p.m. May 16 – Jun 13

Location: Kitchen

### Starlight Social

Free

Seattle Parks and Recreation Specialized Programs Section holds a weekly social for Adults (18 years of age - older) at Miller Community Center. If interested, please call 206-684-4950.

Wednesdays 6:30 – 8 p.m. Mar 29 – Jun 10

Location: Multipurpose Room #1

### More Information

For more Information on other programs for Youth/ Adults with Disabilities, Please call the Specialized Programs Office at 206-684-4950



**SEATTLE PARKS  
AND RECREATION**

**ENVIRONMENTAL STEWARDSHIP**

**Earth Day • 2006**

**ONE WORLD, MANY PEOPLES, MANY WAYS TO CELEBRATE!**

Seattle Parks and Recreation is celebrating Earth Day (April 22) in many ways in every corner of our great city throughout April. Here are just some of the ways you and your family can get involved:

- Worm Bin Composting Workshop, Green Lake Community Center, April 22, 206-684-0780
- Senior Adult Work Party and Luncheon at Carkeek Park, April 18, 206-233-7138
- Join our Teen Earth Arts Camp in Leavenworth, April 7 – 9, 206-684-9270
- Camp Long Movie Night, *Living With Wolves*, April 27, 206-684-7434
- Care for Seattle's urban waterways as a Creek Steward or a one-time volunteer, 206-684-4163
- Organize a Spring Clean neighborhood cleanup event near your home or work, 206-684-0570

For information on other programs, please call Adam Cole at 206-733-9701, or visit the web at: [www.seattle.gov/parks/Environment/earth.htm](http://www.seattle.gov/parks/Environment/earth.htm).

**JOIN THE GREEN SEATTLE PARTNERSHIP AND HELP RESTORE OUR FORESTED PARK LANDS**

Join the Green Seattle Partnership and EarthCorps April 21 and 22 in the West Duwamish Greenbelt as part of a 20-year effort to protect and restore our urban forest. If we don't remove ivy or plant new trees, we will lose our forests within the next 20 years! To sign up, visit [www.earthcorps.org](http://www.earthcorps.org). To learn other ways to participate, call Joanna Nelson, Cascade Land Conservancy Forest Steward Program Coordinator, at 206-233-5019 x117. Thank you!

**EarthCorps**  
LOCAL RESTORATION • GLOBAL LEADERSHIP

## Senior Adults

### Central East Senior Adult Registration Information

**Cheryl Brown, Recreation Specialist**  
**206-233-7255**

**E-mail: cheryl.brown@seattle.gov**

**Spring Dates:** Apr 3 – Jun 16

**No classes:** Monday, May 29

**Please register:** Many classes require a registration minimum or have a small number of spaces available. Classes will be cancelled one week prior to the starting date if minimum enrollment is not met.

**Class Registrations:** Begin now. Class times/dates/instructors are subject to change.

**Please make checks payable to**  
**Senior Adult Advisory Council ('SAAC')**

**Mail payments to:** Senior Adult Programs, Attn: Cheryl – CE, 8061 Densmore Ave N, Seattle, WA 98103-4436

**More Information:** For a complete list of Senior Adult Programs Citywide, please contact Senior Adult Programs at 206-684-4951 and request a brochure!

### **Tai Chi** **\$24 – 1 day/wk**

Learn slow and gentle meditative exercises that are good for stress, balance, concentration and general physical well being. **Instructor: Maik Tow**

**Thursdays** **10:15 – 11:15 a.m.**

### **Drop In Bridge** **Free**

Anyone can play with this great group of bridge players happy to teach and share! Just drop in!

**Fridays** **1 – 3 p.m.**

### **Korean Food & Fitness Program** **Free**

Each program meets Tuesdays and Fridays, providing lunch; social, educational, and fitness programs; and a food bank on Fridays. The program offers an opportunity for Korean seniors to congregate and celebrate their culture and language while learning to navigate American life.

**Tue/Fri** **10 a.m. – 1 p.m.**

### **Pratt Arts Center Printmaking Workshop** **\$30**

Explore the basics of printmaking in this fun class for your inner artist! Discover a great place to play and experiment with all kinds of print techniques. Need not be an artist to join!

**Instructor: Kamla Kakaria**

**Wed: Apr 5 – Apr 26** **10 a.m. – Noon**

**Location: Pratt Fine Arts Ctr**



### **Red Hat Society**

Join this group of women over 50 who are looking for fun! All expenses (i.e. lunch)

will be "on your own." Transportation provided from Garfield CC for most events. Must register in advance!

### **Red Hat Society Lunch and Silent Auction** **\$10 tickets**

A catered lunch and celebration of the Red Hat Society Day. Special activities, a silent auction and lots of fun! **Tickets must be purchased in advance.**

**Mon, Apr 24** **11 a.m. – 2 p.m.**

**Secret Garden Tea** **\$4 transportation**

**Tue, May 23** **10 a.m. – 3 p.m.**

**Boehms Chocolate Factory Tour** **\$4 transportation**

**Tue, Jun 13** **10 a.m. – 3 p.m.**

## Senior Adult Field Trips

### Day Trippin'

**\$2/trip**

Explore beautiful parks and trails. Hikes are usually about 3 miles and are followed by lunch (on your own) at a restaurant near the hike. Be prepared for wet or muddy trails with appropriate footwear. Transportation provided; **van picks up in front of Miller at 9:45 a.m.** Register early: 206-233-7255!

**All walks on Tuesdays 9:45 a.m. – 3 p.m.**

**Apr 4: Ed Munro/Seahurst Park**

**May 2: Middle Fork Snoqualmie River**

**Apr 18: Bob Heirman Wildlife Park**

**May 16: Kiwanis Ravine to Locks**

**Jun 6: Weowna Park**

### Nisqually Refuge/Wolf Haven \$6.50

Take a walk on the wild side! A flat walk of your choice through the beautiful Nisqually Refuge and a tour of Wolf Haven...where the wild things are!!! Tour entry fees (\$7 Wolf Haven and \$3 or Golden Age Pass for Refuge) and lunch on your own.

**Fri, Apr 28 9 a.m. – 5 p.m. Reg. Apr 17**

### Paper and Pansies \$6.50

Tour the Seattle Times Bothell printing facility (one of my favorite tours) then lunch in Woodinville and a visit to the always-blooming Molbaks Nursery. Something for everyone in this fun day! Lunch on your own.

**Thu, May 4 10 a.m. – 4 p.m. Reg. Apr 24**

### Sumner/Meeker Mansion \$6.50

Tour the historic Meeker Mansion in Puyallup (\$3 admission on your own), then enjoy lunch (on your own) and a one of a kind shopping experience in quaint old town Sumner.

**Thu, Apr 13 9 a.m. – 4 p.m. Reg. Apr 3**

### Camano Island Studio Tour \$8

Visit the studios of many of the artists who live and work on Camano Island. We will see a wide range of artists from potters to jewelers in this once-a-year opportunity. Lunch on your own in town.

**Fri, May 12 9 a.m. – 5 p.m. Reg. May 1**

### Trip Registration Information

**Trip Registrations: *phone-in only*, 206-684-4240, 8 a.m. on the date listed.**

**Please make checks payable to SAAC and mail to:** Senior Adult Programs, Attn: Central Sector, 8061 Densmore Ave N, Seattle, WA 98134-1336

***Payment must be received 5 working days prior to departure.***

**Van Transportation for Field Trips:** is available from Miller Community Center 15 minutes before trip time listed.

### Secret Gardens Tour \$6.50

The May flowers are here so let's visit some of the city's best kept garden secrets! Parsons Garden, Katie Black's Garden and the Volunteer Park Conservatory will be our stops for the day. Lunch on your own somewhere along the way.

**Thu, May 18 10 a.m. – 4 p.m. Reg. May 8**

### Cruise Lake Washington \$35

Tour Lake Washington aboard an Argosy Cruise Ship and view the waterfront homes. Lunch on your own in Kirkland before launch.

**Thu, May 25 10 a.m. – 4 p.m. Reg. May 15**

### Cougar Mountain Zoo \$6.50

See the native wildlife exhibits at this local but little known zoo in Issaquah, then lunch and shopping on your own in quaint Gilman Village.

**Thu, Jun 1 10 a.m. – 4 p.m. Reg. May 22**

### Olympia Capital Tour \$10

Take a guided tour of the newly-renovated state capital and enjoy lunch (on your own) in a restaurant on the Tumwater Falls.

**Thu, Jun 8 9 a.m. – 5 p.m. Reg. May 30**



## Spring Quarter 2006



### Monday & Wednesday

6:30 – 8:00 a.m.	Early Lap Swim/Masters Workout
11 a.m. – 4:00 p.m.	Lap Swim
11:30 – Noon	Kinder Lessons
12:00 – 1:00 p.m.	Adapted Water Exercise
1:00 – 2:00 p.m.	Pool Playland
4:00 – 5:00 p.m.	Public Swim (Shallow end only)
5:30 – 8:00 p.m.	Lap Swim
5:00 – 6:00 p.m.	Youth Lessons (6 & up)
6:00 – 6:30 p.m.	Kinder Lessons (4 – 5 years)
6:00 – 6:45 p.m.	Aqua Jogging
6:30 – 8:00 p.m.	Public Swim

### Tuesday & Thursday

11 a.m. – 4:00 p.m.	Lap Swim
11 – 11:30 a.m.	Parent/Tot Lesson
11:30 – Noon	3 Year Old Lesson
Noon – 1:00 p.m.	Pool Playland
4:00 – 5:00 p.m.	Public Swim (Shallow end only)
5:00 – 6:00 p.m.	Youth Lessons (6 & up)
5:30 – 8:00 p.m.	Lap Swim
6:00 – 6:30 p.m.	Kinder Lessons/Adult Lessons
6:30 – 7:00 p.m.	3 Year old/Tot Lessons
7:00 – 8:00 p.m.	Shallow Water Exercise/ Masters Workout

### Friday

6:30 – 8:00 a.m.	Early Lap Swim/Masters Workout
11 a.m. – 4:00 p.m.	Lap Swim
Noon – 1:00 p.m.	Pool Playland
4:00 – 5:30 p.m.	Public Swim (Shallow end only)
5:30 – 6:30 p.m.	Lap Swim
5:30 – 6:15 p.m.	Aqua Jogging
6:30 – 7:15 p.m.	Diving
6:30 – 8:00 p.m.	Public Swim

### Saturday

8:30 – 5:00 p.m.	Continuous Lap Swim
9:00 – 10 a.m.	Water Exercise
10:00 – 11 a.m.	Family Float Swim
11: 00 – 11:30 a.m.	Kinder/Tot Lessons
11:30 – 12:00 n	Beg/Adv. Youth Lessons
Noon – 12:30 p.m.	3 Year Old/Adult lessons
12:30 – 1:00 p.m.	Private lessons/special population
1:30 – 2:50 p.m.	Public Swim
3:00 – 3:30 p.m.	Youth Lessons (6 and older)
3:30 – 4:00 p.m.	Kinder Lessons (4 – 5years)
4:00 – 5:00 p.m.	Public Swim (shallow only)

### Rentals

Medgar Evers pool is available for private splash parties, please contact the pool for available times and fees. 206-684-4766.

### Recreational Swim Program Fees:

Under 1 year	Free
Children (1-18 years)	\$2.75
Adults (19 & Over)	\$3.75
Sr. Adults/Sp. Pop	\$2.75
Recreational swim card	\$20.00

### Water Fitness Program Fees:

Water Exercise/Aqua Jog	\$4.75
Senior Water Exercise/Aqua Jog	\$3.00
Fitness swim card	\$30.00
Adult Fast Pass	\$45.00
Senior/Disabled/Youth Fast Pass	\$35.00

### Dive-In Movie Schedule

Swimming fun for the whole family.  
Enjoy swimming with all the lights out while watching a family-appropriate film!  
Popcorn will be sold for a dollar.  
All Movies are rated PG (unless otherwise indicated)

Fri, April 21	<i>Sponge Bob Square Pants</i>
Fri, May 19	<i>Scooby Doo</i>
Fri, June 16	<i>Jungle Book 2</i>
Fri, July 21	<i>A Bugs Life</i> (Rated G)

## **Spring Quarter 2006**

### **Recreational Swim Programs**

**\*Early Morning Lap Swim** - Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. Program admission is by swim ticket only.

**Lap Swim** - Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. This program is offered in conjunction with other swims in the pool at the same time.

**Masters Workout** - A swim team workout for adults. Let our swim instructors get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

**Public Swim** - Recreational swimming for all ages. Children who are not at least 4' tall and who are under 6 years of age must be accompanied into the pool by an adult.

**Family Float Swim/Pool Playland** - Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

**Redwood Cedar Sauna** - The Sauna is available during all of our hours of operation. Children under 18, must be accompanied by parent.

**Weight Training Area** - The Universal weight machines, Smith Machine, & free weights are available for use during all operating hours. Check out a weight pin from the cashier. For Adults 18 and over. Fee is \$1 with swim admission & \$2 without

### **Fitness Programs**

**Water Exercise** - Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and abilities. Especially helpful to seniors and patients recovering from injuries.

**Adapted Water Exercise** - Primarily for seniors or those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

**Deep Water Aqua Jogging** - This is a great way to experience the benefits of a really good run, without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.

### **Birthday & Splash Party Rentals**

Medgar Evers Pool is available for your private rental. For more information, call 206-684-4766

### **Learn To Swim**

Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for a free session of swimming lessons to all 3rd and 4th graders in the City of Seattle. We at Medgar Evers are looking for parent and teacher advocates to enroll entire classes of 3rd and 4th graders in swimming lessons during school hours. We feel that this avenue offers the best service to the community and the most complete use of the Learn to swim program. If you are interested in helping to make this happen, call Tim Ewings at 684-4766.

More information is available at [www.seattle.gov/parks/aquatics/learntoswim.htm](http://www.seattle.gov/parks/aquatics/learntoswim.htm)

### **Swimming Lessons**

**Parent Tot Swimming Lessons (6 mos to 4 yrs):** This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

**Three Year Old lessons:** Just for our three year old patrons! Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

**Kinder Lessons (Ages 4 & 5):** Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

**Beginning Youth Lessons (Ages 6 to 13):** American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

**Advanced Youth (Ages 6 to 13):** These lessons are for advanced students who are comfortable swimming lengths of the pool, and have strong floatation and crawl-stroke skills.

**Adult Lessons (Ages 13 and up):** Novice through more advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention given to those adults who are aqua phobic.

### **How To Register For Lessons**

Simply come to the pool cashier in the lobby during open hours and fill out a registration form and pay the class fee. Registration is done on a first come first served basis. New Participants: Open registration for Winter Quarter begins Monday, December 19 at Noon. ***Financial assistance for children's swimming lessons is available please contact the pool for more information.***

## Community Phone Numbers

### Recreation Information

Public Information ..... 684-8020  
 Compliments/Concerns .. 684-4837  
 Ballfield Rainout  
     Hotline ..... 233-0055  
 Environmental  
     Stewardship ..... 733-9701  
 Field/Tennis Court  
     Scheduling ..... 684-4077  
 Group Field/Tennis Court  
     Scheduling ..... 684-4082  
 Picnic Scheduling ..... 684-8021  
 Teen Program Advocate. 684-7136  
 Teen TREC Program ..... 684-7097

### Community Services

Chamber of Commerce... 686-3221  
 Capitol Hill Neighborhood Svc Ctr  
     684-4574  
 Police — East Precinct . 684-4300  
 Police — West Precinct. 684-8917  
 Metro Transit Rider Info 553-3000

### School Information

Garfield H.S. .... 252-2270  
 Leschi ..... 252-2950  
 Lowell ..... 252-3020  
 MLK ..... 252-2900  
 Madrona ..... 252-3100  
 Meany Middle ..... 252-2500  
 Montlake ..... 252-3300  
 St. Joseph's ..... 329-3260  
 Stevens ..... 252-3400  
 T.T. Minor ..... 252-3230  
 Topps ..... 252-3510  
 Transportation ..... 252-0900

### Sports Information

Amy Yee Tennis Center .. 684-4764  
 Athletic Field Scheduling .....  
     684-4077  
 Capitol Hill Soccer ..... 675-0397  
 Central Area Panthers  
     Football ..... 853-3181  
 Citywide Adult Athletics.. 684-7092  
 Citywide Youth Athletics . 684-7091  
 Field/Tennis Court  
     Scheduling ..... 684-4077  
 Garfield Little League.... 721-3534  
 Montlake Little League . 853-3181

### Special Programs

Senior Adult Programs  
     Citywide ..... 684-4951  
     Central East ..... 233-7255  
 Special Populations  
     (Youth/Adult) ..... 684-4950

### Special Interests

Aquarium ..... 386-4320  
 Asian Art Museum ..... 654-3100  
 Camp Long ELC\* ..... 684-7434  
 Carkeek Park ELC\* ..... 684-0877  
 Daybreak Star Cultural  
     Arts Center ..... 285-4425  
 Discovery Park ELC\* .... 386-4236  
 Green Lake  
     Small Craft Center .. 684-4074  
 Langston Hughes  
     Performing Arts Ctr.. 684-4757  
 Mt. Baker Rowing  
     & Sailing Center .... 386-1913  
 Seward Park ELC\* ..... 684-4396  
 Woodland Park Zoo ..... 684-4800

### Community Centers & Pools

Alki CC ..... 684-7430  
 Ballard CC ..... 684-4093  
 Ballard Pool ..... 684-4094  
 Bitter Lake CC ..... 684-7524  
 Colman **(Summer only)**. 684-7494  
 Delridge CC ..... 684-7423  
 Evans Pool ..... 684-4961  
 Garfield CC ..... 684-4788  
 Green Lake CC ..... 684-0780  
 Hiawatha CC ..... 684-7441  
 High Point CC ..... 684-7422  
 Jefferson CC ..... 684-7481  
 Laurelhurst CC ..... 684-7529  
 Loyal Heights CC ..... 684-4052  
 Madison Pool ..... 684-4979  
 Magnolia CC ..... 386-4235  
 Meadowbrook CC ..... 684-7522  
 Meadowbrook Pool ..... 684-4989  
 Medgar Evers Pool ..... 684-4766  
**Miller CC..... 684-4753**  
 Montlake CC ..... 684-4736  
 Mounger **(Summer only)** 684-4708  
 Queen Anne CC ..... 386-4240  
 Queen Anne Pool ..... 386-4282  
 Rainier CC ..... 386-1919  
 Rainier Beach CC ..... 386-1925  
 Rainier Beach Pool ..... 386-1944  
 Ravenna-Eckstein CC .... 684-7534  
 Sand Point CC ..... 684-4946  
 South Park CC ..... 684-7451  
 Southwest CC ..... 684-7438  
 Southwest Pool ..... 684-7440  
 Van Asselt CC ..... 386-1921  
 Yesler CC ..... 386-1245

\*ELC = Environmental Learning Center

## Facility Rental Information

### Miller Community Center

Rent Miller Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, and other events.

### Cal Anderson Shelterhouse 1635 11<sup>th</sup> Ave

The Miller Community Center - Cal Anderson Shelterhouse is available for rent on availability. The shelterhouse is available for the community to hold meetings, activities, and small parties. Maximum capacity is 45 people.

### Rates and Availability

Contact Miller Community Center Staff at 206-684-4753 for cost and availability. If neither Miller Community Center nor Cal Anderson Shelterhouse suits your needs, visit the Seattle Parks and Recreation web site at <http://www.seattle.gov/parks/reservations/Facrentalguide.htm>. There are over 20 great locations that can be rented throughout the Parks Department!



### You can make a difference!

The Miller Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Miller's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Rainier Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Gina Saxby at 206-684-4753.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

### E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

### Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

### Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

### Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

### Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

### Rentals

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/rentals/Facrentalguide.htm>).

### Special Populations

For information about programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950 or visit the web at <http://www.seattle.gov/parks/SpecialPops/index.htm>.

### More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks).

or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.



### Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

### Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

### Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

### Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

### Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

# Registration Form

Please fill out form completely and return with payment to:

**Miller Community Center**  
**330 19th Ave E**  
**Seattle, WA 98112**

For additional information, please call 206-684-4753

*No additional confirmation will be sent; please refer to the program brochure for start date and times.*

Payee Information					
Name			Relationship to Participant		
Address			City		ZIP
Home Phone			Other Phone		
Work Phone			E-mail Address		
Method of Payment					
Credit Card		Type of card	MasterCard	Visa	American Express      Debit Card
Cash	Check	Credit Card Number			Expiration Date

## General Waiver

Yes, the following registered participant(s) may be photographed for use in Miller Community Center publications. I hereby give my consent for the below named participant(s) to participate in the program(s) listed below being conducted or co-sponsored by Seattle Parks and Recreation and Miller Advisory Council, and I declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Miller Advisory Council, or any of their employees or volunteers responsible for any injuries, damage, or personal loss incurred while participating in said program(s).

Participant Registration						
Class Title	Day(s)	Time	Fee	Participant's First & Last Name	Birth Date	Sex

Complete credit card payment information or make checks payable to: **Miller Advisory Council #070**

Mail to: **Miller Community Center, 330 19<sup>th</sup> Ave E, Seattle, WA 98112**